



FOOTPRINTS

The choice for any millenium.

A wind-blown April 1999 Edition

Pleasures of running remain despite the slowing with age

by Jeff Arnold

Periodically I think about getting older, especially running as I age. I've been racing for more than thirty-two years and, today, I can't believe the times I once ran. Of course, I sometimes have brief flashes of amnesia and feel even faster times await me.

The fact is that on a good day I'm at least ten minutes slower now for a 10k. Once upon a time my main focus was on running faster or farther and there was a fair amount of grinding involved. I think I reveled in the difficulty. Still, there were times of transcendence when running got easier and smoother for a few minutes. Those highs left an afterglow that lasted the rest of the day. That happened only once in a race.

In an old Denver Track Club three-miler at Sloan's Lake, I found myself running with people who were usually out of sight ahead of me. That almost scared me into slowing down, but I checked and decided I was feeling pretty well. I hung on to finish in 16:56, a PR by more than a minute and a time I never approached again.

I miss the apparent freedom from apparent physical restriction I used to feel a few times each year, but I



Jeff Arnold

still have occasional transcendent experiences. Now it's more likely to be a super awareness of the beauty of nature or simple gratitude for being able to run at all.

On the first Monday of the recent spring vacation, I ran with Kyle Reno from his family's home on Verde Road south of Pueblo east across the Marnel railroad crossing onto the Blake Ranch and back. We must have run nine or ten miles. We crossed Greenhorn Creek twice, ran across irritatingly weedy prairie and on two track roads. We climbed a shaly hill into junipers. We

had some broad vistas and the country was pretty empty, but it isn't traditionally a Colorado tourist draw. Though we ran at an easy pace, it should have been too far for me. I expected to be sore to the point of limping the next day, but I was actually refreshed.

I don't know how many more such surprising pleasures lie in store for me. I do know that I still feel better when I run than when I don't. I know that I like runners. I'm not as competitive as I once was, and I'm stiff more often. It takes much longer to recover from overwork. But, especially considering the alternative, I'm glad I'm getting older.



"I still have occasional transcendent experiences. Now it's more likely to be a super awareness of the beauty of nature or simple gratitude for being able to run at all."

- Jeff Arnold





Chewta says:

"Who ordered up all this stinkin' wind? Running around my stompin' grounds in Colorado City sure has been tough lately. Good thing I'm close to the ground and have 4 legs. But remember this month's words of whizdumb from *The Chewter*: 'When the going gets tough, the smart take a nap.' Camp on THAT! Rough! Rough!"

New faces

Here are new 1999 SCR members:

- Jackie Allen
Cañon City
- Christine R. Bonham
Colorado City
- Brandt Bradbury
Cañon City
- Dee Rogers Brown
Pueblo
- Sam Edwards
Pueblo
- Michael George
Pueblo
- Lee G. Grasmick
Pueblo
- Cliff Hofmann, Jr.
Pueblo
- Mark Jankelow
Pueblo West
- Mike McConnel
Pueblo
- Donna Musgrove
Pueblo
- Dee Schafnetz
Billings, MT
- Bev Shepperd
Creede
- Stacie Taravella
Pueblo West
- Ross Westley
Arvada
- Bill Wurster
Pueblo

Rocky on Fitness

Glucosamine sulfate claims not really all true

by Rocky Khosla, M.D.

I have been getting a lot of questions recently about glucosamine sulfate, so I thought it would be a good topic to talk about for this month.

Glucosamine sulfate is available over the counter (which means without a prescription) and is touted to help increase joint mobility and to decrease joint pain. It comes either by itself or in combination with chondroitin sulfate, and both of these substances are supposed to help regenerate connective tissues such as cartilage.

There was a study that looked at how glucosamine sulfate did at 500 mg. a day com-

pared to ibuprofen at 2,400 mg. a day at reducing the symptoms of arthritis in the knee. Surprisingly, the glucosamine sulfate did as well as the ibuprofen while causing significantly less of an upset stomach to its user. Several studies have shown no significant improvement when chondroitin sulfate is used by itself.

I think that it is rather farfetched to believe that either of these substances will allow regeneration of new cartilage, but glucosamine sulfate seems to have some anti-inflammatory properties that may help arthritic patients. I would not waste my money on chondroitin sulfate at this point.

Till the next time, keep on runnin'!



Youth Fund

by The Editor

At its April meeting, the SCR moved to put 5% of any revenue generated from its income-producing races into the Youth Fund account it maintains to support youth running. This decision was reached after the club decided to put all of its net proceeds from the Valentine's Twosome into the fund. The account had pretty much been depleted by a contribution made to send area prep runners to the Simplot Games held in February in Idaho.

OK, so what does this all mean? Well, not much if our races break even or wind up in the red. But SCR races have been somewhat more successful lately than in past years, and the club is confident that this trend will continue. And it feels now is the time to live up to one of its missions of doing what it can to stand behind our young runners.



(*) - Tara Patrick is the real name of Carmen Electra of "Baywatch" fame and soon-to-be divorcee of Dennis Rodman.



Southern Colorado Runners

A member of the
Road Runners Club of America

SCR Mailing Address:
700 N. Albany Avenue
Pueblo, CO 81003

The Southern Colorado Runners is a non-profit organization that promotes running, walking, and overall health and fitness in the southern Colorado region. Its mailing address is the Pueblo Family YMCA, where it conducts its monthly meetings.

"Footprints" Issue No. 213

"Footprints" is the newsletter produced monthly by, about and for the SCR membership. All members are mailed copies of the newsletter whether they want it or not. Many copies end up at the bottom of bird cages.

Current SCR Officers

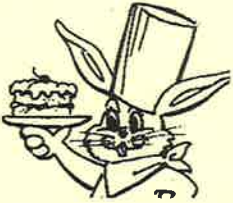
President	Rich Hadley	784-6514
Vice President	Matt Sherman	564-3170
Secretary	Jessie Quintana	564-2350
Treasurer	Dave Diaz	564-9303

Non-elected Officers

Membership Chair	Mike Orendorff	561-2956
Newsletter Editor	Gary Franchi	676-4100
Newsletter Assistant	Matt Martin	542-5350
Editorial Consultant	Nick Nasch, Tara Patrick (*)	

SCR meetings are held the first Tuesday of each month at 7 p.m. at the Pueblo YMCA in downtown Pueblo. Any SCR member can attend, and many do simply for comic relief during difficult times.

ADVERTISING POLICY: The SCR allows advertising in "Footprints" in the form of display ads or flyer inserts. The standard charge for ads is \$25 for a business card-size ad and progressively higher for larger sizes. The fee is \$25 to have non-race flyers inserted. There is no charge to have race flyers inserted. The club reserves the right to reject ads/flyers that are un-cool.



Canon City duo find luck in Shamrock

Congrats to Marv Bradley and Sam McClure, both of Cañon City, for completing the Shamrock Marathon in Virginia last month. Marv ran a 3:29 while Sam had a 3:52 time. Nice job, guys!

SCR training

A group of SCR runners is again gathering for a weekly trail run at 5:30 p.m. each Wednesday at the Nature Center. They run a variety of distances, mostly up on the bluffs. They invite all SCR members to join them.

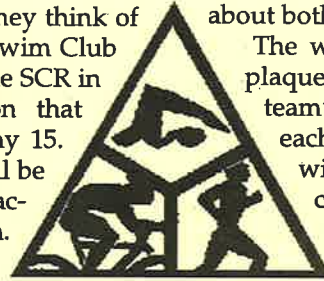
Those not running at the Nature Center often meet at 5:30 p.m. Wednesdays at the Centennial High track for some speedwork. If you need information, call Ben Valdez at the Y (543-5151) the day of or Dave Diaz at home (564-9303) the night before.

A few members also meet at 7:30 a.m. on Sundays at the City Park pool parking lot for a distance run when there isn't a race in Pueblo or a big race that SCR members normally attend. Hence, they won't resume these runs until the week after the Cinco de Mayo race in Pueblo.

Pueblo Masters Swim Club challenges SCR

Oh lordy, lordy — what will they think of next? Now the Pueblo Masters Swim Club has issued a team challenge to the SCR in the Ordinary Mortals Triathlon that will take place on Saturday, May 15. A cool part is that the results will be age and sex graded using the factors applied to a 10-mile run. Both teams will be allowed to have 6 participants, with the top 4 times qualifying after the age and sex of the participants is factored in. The lowest total time will determine the winning team.

It would seem reasonable to assume that each team has an advantage. You would think the SCR would have better runners and the Masters Swim Club the better swimmers. But I guess we'll have to wait and see



about both of those assumptions.

The winning team will get a traveling plaque engraved with the names of the team's top 4 members. I'm told that each member of the winning team will receive one energy bar of their choice, to be presented by the members of the losing team.

By the way, race officials say the Ordinary Mortals field is almost filled already. The field is limited to 198 entries, so don't wait! If you want to compete in this, you'd better sign up NOW before it's too late! NO RACE-DAY REGISTRATION. SCR members will get a \$2 discount. I also hear that contributors to this newsletter will get an additional \$2 discount, which seems only right to me.

Springs launches Grand Prix of Running

This year there is a new racing series taking place in the Colorado Springs area and it consists of 7 races. The **Grand Prix of Running** includes a short series and a long series, with several races offering 2 race distances. The series began last month with the annual St. Patrick's Day 5K in Old Colorado City. Three other established races are part of the series — the Firecracker 5K/10K in Brigate, the Mayor's Cup 5K/10K in downtown Colorado Springs, and the Sailin' Shoes 5K/10K in downtown Springs. The new events that are part of the Grand Prix series are the Grand Prix Classic 10K, the Garden of the Gods 5-Miler and a half-

marathon at the Air Force Academy.

There is a Clydesdale Division in addition to regular age divisions. In a unique twist, the Grand Prix of Running will give a portion of race entry fees to the community where each race is held.

The series events, dates and distances are:

- **St. Patrick's Day 5K** – 5 Miles
March 13
- **Garden of the Gods 5-Miler**
April 24
- **Sailin's Shoes** – 5K & 10K
June 19
- **Firecracker Trail Run** – 5K & 10K
July 3
- **Grand Prix 10K Classic** – 10K
July 31
- **Grand Prix Half-Marathon** – 13.1 Miles
October 9
- **Mayor's Cup Challenge** – 5K & 10K
November 6

If you want to contact series organizers, e-mail them at:

cs-gprix@yahoo.com
or call (719) 635-8803



SCR Picnic set for July 18

Plan now to attend the annual SCR Picnic that will take place on Sunday, July 18, at Greenhorn Meadows Park in Colorado City. The club has had its picnic at this location for several years now because it has great facilities (allowing volleyball, softball, and games for the kids) and because it's a gorgeous location that's generally much cooler than Pueblo in the heat of the summer.

Circle July 18 on your calendar.

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Great (& so-so) Stuff

by Gary Franchi



A few thoughts the wind blew into my head

Thought for today's lunch, compliments of Rep. Shawn Mitchell: "Lawyers get a lot of unjust criticism. So I would remind you that it's not right to condemn a whole profession just because of 350,000 bad apples."

This month's smorgasbord:

Officials of the Rocky Mountain Double Marathon, Marathon & Half-Marathon obviously have a sense of humor. **Kim Westerman Martin**, SCR member and wife of a purveyor of yellow journalism, received a race flyer from these folks claiming that their motto is: "Where the Race Director promises you nothing and delivers." Love their honesty.

This editor disagrees with the thousand others who think the husband of Kim Westerman Martin is one of those 350,000 bad apples mentioned in the "thought" at the top.

At the SCR's April monthly meeting, Membership Chair Mike Orendorff showed us a list of new club members for 1999 (see Pg. 5). One of them is **Dee Schafnetz** from Billings, Montana. I'm wondering why Dee never attends any of our monthly meetings.



Editorial Consultant Nick Nasch said he read a story in *The Denver Post* that claimed tomatoes reduce the threat of prostate cancer in men. While that's good news, having a fertile mind makes Nick wonder whether frozen tomatoes have the same effect.

As the weather warms, road race organizers have come up out of the woodwork. The tough part for them is finding open spots on the 1999 schedule. That's why you've got races back to back on June 11 and June 12 and two races on June 12 this year. My question: where were all these races in January and February? Next year, why don't some of these organizers move their races to early in the year when runners are begging for a race.

Roscoe Benutada, editor for the Mesa-Monument Strider newsletter, has a good sense of humor. In his most recent issue, Roscoe calls his publication "One of the top 52 running club newsletters in all of Colorado!"

I appreciate *Runner's World* and *Running Times* magazines for being upfront about

their subscription rates and actually listing their annual costs on their subscription mailings. What really bugs me is when magazines tell you how much it costs per issue and make you do the arithmetic to figure out the annual cost.

On its membership form, the SCR solicits volunteers in a few basic areas. But the Houston Area Roadrunners Association takes the concept a step further. The club distributes a separate *Volunteer Registration Form* to its members, giving them a choice of 13 areas in which to volunteer their services. Here are a few of them:

- ◆ Be a coach/mentor for a 10-week running clinic.
 - ◆ Help staff the club's information booth at races.
 - ◆ Be a guest speaker at workshops or training programs.
- Evaluate a specific race to ensure that it meets the club's race standards

I sure enjoyed **Jeff Arnold's** piece on the cover of this issue. My interpretation of the aging process, from a runner's standpoint, is when my 5K times start approaching the 10K times of the elite racers.

10 things I was just wondering:

- ◆ Does the market really need dozens and dozens of different new styles of running shoes each year?
- ◆ Do we really need indoor football?
- ◆ How can TV newscasters stand their own "happy talk?"
- ◆ Wouldn't it be cool if everyone vacated Folsom Field before the Bolder Boulder elite athletes arrived?
- ◆ I realize the value of stretching, but does anyone actually read magazine articles on stretching?
- ◆ It almost happened in the *Run for the Dream* in Pueblo a few years ago, but what if they held a race and no one came?
- ◆ Would the waivers you have to sign at the bottom of registration forms really carry any weight in a court of law?
- ◆ Why does a human foot need 28 bones?
- ◆ What is it like to have running talent?
- ◆ With Bill Rodgers now being 51 years old, where did the last 20 years go?

Till nex time, have a splendid millisecond.



Ultimate in idiocy item of the month:

You remember all those schoolyard killings last year with several loser loners pulling the triggers? Well, here's an update on one incident. The two boys, then 11 and 13, who massacred 4 middle school girls and a teacher in Jonesboro, Ark., are in a juvenile prison. Because of lawmakers who earn this month's *Lights are Dim Award*, the boys are due to be released when they turn 18. And have a nice day.



Movie Line of the month:

"I want a world where I can eat sea otters without getting sick."

There have now been 3 of these movies starring this actor. This is the second one. These movies got their start as a comedy series. The lead guy, who routinely comes up with quotes like the one above, is a master of the deadpan. Guess his name and the movie title and win the right to wake up tomorrow morning.

Answers below.

Answers:
Leslie Nielsen in "Naked Gun 21½"

1999 Racing Calendar



Pueblo County - Canon City corridor

April			
25	Sun	9:00AM	Y-Bi Classic Duathlon, 11.2M bike/5.5M run Pueblo West (719) 543-5151
May			
2	Sun	8:00AM	Cinco de Mayo, 10K State Fair (719) 562-1342
15	Sat	7:00AM	Ordinary Mortals Triathlon Pueblo West (719) (543-5151)
			525-meter swim, 13-mile bike, 5K run
22	Sat	9:00AM	Run for the Summit, 5K Pueblo West (719) 547-4125
			Evangelic Free Church
29	Sat	8:00AM	Run for Rio, 5K Run/Walk Rye Park, Rye (719) 440-1601
June			
11	Fri	6:15PM	Holy Family Fun Run, 5K Run/1.5M Walk Lakeview (719) 547-4187
12	Sat	8:00AM	Canon City River Run, 5K & 10K Canon City (719) 275-1578
12	Sat	8:00AM	Festival Run, 5K & 10K Chem. Depot

Other areas

April			
10	Sat		Tortoise & Hare Predict, 5K Monument Valley Park, Springs (719) 533-1025
11	Sun		Denver Police Chase, 4M R/W City Park, Denver (303) 694-2030
17	Sat		Run the Ridge, 5K Colorado Springs (719) 596-3507
17	Sat		Horsetooth Half-Marathon Fort Collins (970) 493-4675
17	Sat		Chuck Weaver Challenge, 5M Red Rocks Park, Morrison (303) 428-8988
24	Sat		Collegiate Peaks, 25M & 50M Buena Vista (719) 395-6612
24	Sat		Garden of the Gods 5-Miler
24	Sat		Elbert Reflections, 5K & 10K Elbert (719) 590-7086
25	Sun		Cherry Creek Sneak, 5M Denver (303) 394-5170
May			
2	Sun		Cinco de Mayo, 5M Monument Valley Pk, Springs (719) 598-2953
8	Sat		Panoramic River Run, 5K/5M, Kids 1M Fountain Valley Rgnl. Park (719) 635-3303
8	Sat		Avon Women's 10K (& 5K walk) Denver (212) 282-5350
31	Mon		Bolder Boulder, 10K Boulder (303) 444-RACE
June			
6	Sun		Garden of the Gods 10-Mile Run Colorado Springs (719) 473-2625

Regional Marathons (& others of interest)

April			
25			Big Sur - Big Sur -Carmel, CA (408) 625-6226
May			
1			Great Potato (& Half) - Boise, ID (208) 344-5501
1			Whiskey Row (& Half, 10K & 2M) (520) 445-7221
1			Shiprock - Farmington, NM (800) 448-1240
2			Avenue of the Giants (& 10K) - Bayside, CA (707) 443-1226
2			Lincoln, Nebraska (402) 435-3504
23			Coeur D'Alene (& Half) - Idaho (208) 665-9393
23			Rock 'n' Roll - San Diego (619) 450-6510
29			Andy Payne Bunion - Oklahoma City, OK ... (405) 236-2800
29			Paper Chase - Amarillo, Texas (806) 345-3451
30			Wyoming - Laramie, WY (307) 635-3316
June			
6			Steamboat - Steamboat, CO (970) 879-0880
19			Grandma's - Duluth, MN (218) 727-0947
July			
11			San Francisco, CA (916) 983-4622
17			Mosquito - Leadville, CO (800) 933-3910



Other known 1999 races

June 19	
Sailin' Shoes 5K/10K	
July 3	
Pioneer Run - Colo. City	
July 3	
Firecracker 5K & 10K, CS	
July 10	
Women's Distance Fest.	
July 24	
HARP Riverwalk R/W	
August 7	
Beulah Challenge	
August 7	
Georgetown to Idaho Springs Half-Marathon	
August 21	
Pikes Peak Ascent	
August 22	
Pikes Peak Marathon	
September 11	
Imogene Pass - Ouray	
September 12	
Race for the Cure, CS	
September 18	
Run for the Rose 5K	
September 26	
Governor's Cup, Denver	
October 10	
River Trail Marathon, Half -Mara. & 10K	
October 17	
Colorado Half-Mara & 5K	
November 6	
Rim Rock Run	
December 5	
Rock Canyon Half-Mara	



Everyone gets their out-of-town race results to "Footprints" Editor Gary Franchi at:
 Call (719) 676-4100 • Mail to P.O. Box 19910, Colorado City, CO 81019 • e-mail to franchi@pcc.ccoes.edu



Stats that rule

- 69% of women wear flats or athletic shoes to work to protect their feet. - *Health News section of "The Detroit News"*
- 24 athletes who took 200 mg of pycnogenol daily for a month increased their running endurance by 21%. - *California State University study*
- Last year, 705 men suffocated as a result of obesity. - *National center for Health Stats.*
- 88.4% of females contacted in a random survey said they'd rather wear high heels than be forced to read issues of "Footprints." - *Pollsters Unlimited*

Racing info. made up while daydreaming

by the Editor

Cinco de Mayo 10K



If you can help as a volunteer on this race to be held at 8 a.m. Sunday, May 2, please call Race Director Tim Vigil or his wife, Rita, at 562-1342. As anticipated, there indeed will be a contingent of runners from Chihuahua, Mexico making the trip to participate, and housing is still needed for them. If you can host a couple of the runners, please call:

Marijane or Nick at 564-6043.

New race developments

Here are the latest developments on upcoming races:

- **Run for Rio** - Last year's run was about 19 miles. This year it's a 4.2-mile run and walk that will take place on Saturday, May 29, at Rye Park in Rye. Proceeds from the race will go to the Donor Alliance.

- **Holy Family Run** - The SCR's Lori Gregory plans to conduct the annual Holy Family Parish Fun Run/Walk on Friday, June 11, on Pueblo's south side. Only one change this year - the evening event is being moved up a half-hour, with the walk at 6:15

p.m. and the run at 6:30. SCR members get a \$2 discount although that won't be noted on the entry form. Editors get a 4-buck break.

- **Pioneer 5K** - Club member Gloria Gogarty received the club's backing to conduct the third annual Pioneer 5K Run/Walk on July 3 in Colorado City. Although this race is run on the same Hollydot Golf Course golf cart trails that your beloved editor trains on, there's no guarantee that running on it will make you any slower.

- **Taco Bell/HARP Riverwalk 5K** - Guest Mark Simms got the club's OK to conduct the annual HARP Riverwalk 5K Run/Walk on July 24. Part of this race will be held on the portion of the new Riverwalk system that is completed. Eventually, the entire race will be on the Riverwalk. Eventually, your beloved editor won't be injured and will be able to run it sometime. Hopefully this will occur while he is alive.

- **Miscellaneous notes** - A new 5K race - **Run for the Summit** - is slated in Pueblo West on May 22. Both the second annual 5K & 10K event at the Pueblo Chemical Depot and the Canon City River Run are scheduled for June 12. The **Run for the Rose** 5K run/walk is set for Saturday, Sept. 18.

For the soul ...

Motivated people find ways to exercise regardless of proximity, equipment, or cost of facilities. - *the late Dr. George Sheehan*

SOUTHERN COLORADO RUNNERS
Pueblo Family YMCA
 700 N. Albany Avenue
 Pueblo, CO 81003

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Be a good egg - and don't miss an issue!

Issues of "Footprints" are not forwarded. Hence, if you move, please get your new address to the SCR Membership Chair in care of the YMCA at the address listed above left.



»»»»» The address for the Road Runners Club of America is: 1150 S. Washington St., Suite 250, Alexandria, VA 22314-4993
 The RRCA's Home Page on the World Wide Web is: www.rrca.org

Time & Location: *May 22, 1999, 9:00 AM at Summit Christian School, Pueblo Evangelical Free Church, 694 E. Spaulding, Pueblo West, CO 81007. For more info. call 547-4125.*

Fee: *\$15 if received by May 15, \$20 afterward or on race day.*
Send to SUMMIT, P.O. BOX 7567,
PUEBLO WEST, CO 81007



Age Groups: *19 & under, 20-29, 30-39, 40-49, 50-59, 60 & over*

Prizes: *Awarded to 1st, 2nd & 3rd in each age group, male & female, and T-shirts for all entrants.*



Liability Release (Please complete and send in with fee)



I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in long distance running including permanent disability or death, and agree to assume all of those risks. As a condition of my participation in RUN FOR THE SUMMIT, I hereby waive any and all claims for loss or damages caused by negligence, active or passive of the sponsors of RUN FOR THE SUMMIT, SUMMIT CHRISTIAN SCHOOL, EVANGELICAL FREE CHURCH, or any individuals officiating at RUN FOR THE SUMMIT.

Name (print) _____ Age (on the date of race) _____

Address _____ Date _____

Signature _____

